Sexuality and Family Life Assessment

**Directions**: Read each question carefully and chose the correct answer.

**CFU: 6.1 define the aspects of positive relationships SCORE:\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. In order to assess a relationship and act in a way that is good for both people in the relationship, one must be

a. able to communicate.

b. financially secure.

c. committed.

d. emotionally mature

2. The ability to communicate effectively is an important part of a healthy relationship because

a. it will help them face difficult situations.

b. it helps for people to trust and know each other better.

c. it may help avoid disagreements.

d. All of the above

3. Teaching a child through correction, direction, rules, and reinforcement is called

a. good communication.

b. discipline.

c. an emotional responsibility.

d. a financial responsibility

4. Which of the following is not a part of a healthy marriage?

a. a willingness to sometimes give up what you want

b. a desire to emotionally connect with another

c. to pledge to work through differences

d. keeping problems to yourself

5. The best way to establish emotional intimacy is

a. by never being unfaithful.

b. to express feelings in a truthful and loving way.

c. by not working too hard.

d. by having children

**Read the paragraph below. Then answer the questions that follow.**

Angela’s father lost his job two months ago. Her mother has gone back to work full time to help meet the family’s financial obligations. Angela is worried that if her father doesn’t find a job soon, they may have to sell their home and move. Angela doesn’t want to talk to her parents about her concerns because she feels they have enough on their minds right now. Not talking to her parents, however, has only added to the anxiety Angela is feeling because in the past she has always been able to discuss any issue with them.

6. Would you classify Angela’s family as healthy or not? Explain.

7. What seems to be Angela’s problem in the family? How can it be resolved?

8. Besides the answer you gave above, what alternative(s) could Angela have?

***CFU: 6.2 examine the influence of families, cultural traditions and economic factors on human development SCORE: \_\_\_\_\_\_\_\_***

9. Explain how cultural and economic factors effect human development. Be specific when answering the question. (Think about nature and or nurture in this response)

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***CFU: 6.3 describe gender differences, expectations and biases often encountered in today’s society and compare them to the past. SCORE:\_\_\_\_\_\_\_\_\_\_\_\_***

10. With the implementation of Title IX, girls are allowed to play football which is known as a “man’s sport”. Explain how societal expectations shape who we are.

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***CFU: 6.4 explain human reproduction (i.e., male and female reproductive systems, pregnancy). SCORE:\_\_\_\_\_\_\_\_\_\_\_\_***

11. A function of the uterus is to

a. produce an egg.

b. provide shelter and nourishment for the developing egg.

c. provide nourishment for the baby after birth.

d. All of the above

12. The monthly changes the uterus undergoes are called the

a. menstrual syndrome.

b. menstrual fluid.

c. menstrual period.

d. menstrual cycle

13. A function of the testes is to

a. make estrogen.

b. produce sperm.

c. deliver sperm to the outside of the body.

d. add fluid to sperm.

14. Monthly changes in the uterus include

a. thickening of the lining.

b. breaking down of the lining.

c. shedding of the lining.

d. All of the above

15. A testicular self-exam should be done monthly to check for

a. testicular torsion.

b. testicular cancer.

c. inguinal hernia.

d. All of the above

16. The function of the female reproductive system is not

a. to make eggs.

b. to provide a place to support and nourish a developing human.

c. to prevent infertility.

d. All of the above

17. Explain the stages of the menstrual cycle in the order they occur.

18. How does childbirth start? What are the three stages of childbirth and what happens during each stage?

***CFU: 6.5 Recognize the skills necessary for maintaining reproductive health (e.g., self- examinations, annual doctor visits, prenatal care). SCORE:\_\_\_\_\_\_\_\_\_\_***

19. A woman can maintain good reproductive health by

a. learning how the reproductive system works.

b. being aware of possible problems.

c. developing skills for keeping the reproductive system healthy.

d. All of the above

20. The annual pelvic exam should include

a. a breast exam, a genital exam, and a Pap smear.

b. a breast exam and a genital exam.

c. a genital exam and a Pap smear.

d. None of the above

21. How often should a couple have prenatal care visits with their doctor?

a. every eight weeks

b. every six weeks

c. every three to four weeks

d. every five to six weeks

22. Which of these problems during pregnancy are not certain to result in the loss of the fetus?

a. miscarriage

b. ectopic pregnancy

c. toxemia

d. all of the above

23. Why is it important to be able to communicate openly and honestly with a healthcare provider?

***CFU: 6.6 recognize abstinence from all sexual activity as a positive choice. SCORE:\_\_\_\_\_\_\_\_\_\_***

24. Beth has decided to be sexually abstinent. She is very interested in going to college and does not want to be concerned about contracting an STD or getting pregnant. Yet she is worried that if she is in a pressured situation, she might change her mind. Recommend an action or actions Beth could take to help her stick to her decision about abstinence.

a. prepare in advance what to say if she is in an uncomfortable situation

b. explain to her date that she does not want to be pressured

c. develop close relationships with family members

d. all of the above

25. Your friend tells you that condoms are the best and easiest way to prevent pregnancy. Which of the following is the best response to this statement?

a. Sterilization is the best way to prevent pregnancy.

b. Abstinence is the best way to prevent pregnancy, and the only way that is 100 percent effective.

c. Using a diaphragm is equally effective and just as easy.

d. Hormone injection is the best way to prevent pregnancy

26. Identify four benefits of sexual abstinence.

27. Sean and his girlfriend have made the choice to refrain from sexual intimacy. A friend says, “Is something wrong with you two? Almost everyone has had sex by the time they’re our age.” How should Sean respond?

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28. Give reasons a close relationship between a teen and parents or guardians would reduce the teen’s chances of becoming involved in sexual activity.

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***CFU: 6.7 identify and practice skills needed to resist persuasive tactics regarding sexual SCORE:\_\_\_\_\_***

29. Sally and John met at school and wanted to get to know each other better. John suggested that Sally come to his house after school. Sally felt uncomfortable however, because neither of John’s parents would be at home that evening. What should she do?

a. go to John’s house one time and see what happens

b. tell John she cannot see him at all after school

c. suggest that they go to her house when her mother is home instead

d. ask John if they can invite two other friends to his house

30. Jim and Jane had been dating for two months, but Jane met another boy and decided to stop seeing Jim. He was very upset by this and hoped that Jane might eventually change her mind. What should Jim do meanwhile?

a. call Jane often to try to get her to change her mind

b. join an after-school club and develop a new interest

c. write Jane a letter telling her how he feels about their relationship

d. stay home and watch television so he won’t think about Jane

31. Mary has been pressuring Bill to become sexually active. Bill has decided to remain abstinent. Which of the following would be a good way for him to handle the situation?

a. hint to Mary that he likes her but is really not sure how to handle the situation

b. tell Mary that he wants to remain abstinent but agree when she suggests they go to a secluded area alone together

c. have a straightforward talk with Mary and tell her that abstinence is the right decision for him at this time and that they should double date with friends

d. stop dating Mary completely without discussing his reasons

32. Karen just told Tony that she did not want to date him any longer. Tony is devastated by this decision. He should

a. be good to himself and take part in something he likes to do.

b. brood about what he did or did not do to make the relationship fail.

c. keep to himself for several weeks until he gets over the breakup.

d. insist on talking to Karen, as he thinks she was probably upset about something and didn’t really mean it.

33. Tim and Ashley have been dating steadily for six months. They are both considering becoming sexually intimate. Which one of the following should they consider to be the correct behavior?

a. Everybody else is doing it, why shouldn’t we?

b. seriously considering whether they are too young for the commitment that sexual intimacy would require

c. gaining a higher level of emotional intimacy

d. expressing their love for one another through sexual intimacy

34. Paul thinks he might have an STD but is not sure. Which of the following should he not do?

a. see his family doctor for a checkup

b. wait to see if the symptoms go away

c. go to the county health department for a test

d. visit a public health clinic for a test

35. Teens can decrease their chances of getting an STD by

a. practicing sexual abstinence.

b. not using alcohol or drugs.

c. having only one partner.

d. All of the above

***CFU: 6.8 identify the potential outcomes of engaging in sexual behaviors (e.g., pregnancy, STIs including HIV/AIDS, emotional). SCORE:\_\_\_\_\_\_\_\_\_\_\_\_***

36. This deadly STD is a virus that attacks the immune system and is transmitted through bodily fluids.

* 1. HIV and AIDS
  2. herpes
  3. genital Herpes
  4. none of the above

37. These skin parasites feed off blood and can live without a host for up to 24 hours. Also called Pediculus Pubis, this STD can be caught through non-sexual contact with an infected person, or through contact with any surface (toilet seat, bed sheet, underwear, etc...) that has made contact with an infected area on a person within a 24 hour period.

1. crabs
2. AIDS
3. scabies
4. None of the above

38. This viral infection takes two forms and once contracted lives in the body for a lifetime. There is no cure and the symptoms are usually recurrent. While included as an STD, this virus can be transmitted without sexual contact. The common cold sore is a mild form of this virus.

a. herpes

b. AIDS

c. genital Warts

d. Both a and c

39. More common in men than women, this infection is caused by one of many pathogens associated with other STDs. It can be transmitted via intimate contact with an infected body part, both sexual and non-sexual. This ailment is treatable.

1. chancroid
2. HPV
3. PID
4. NGU

40. A serious infection in the upper genital tract/reproductive organs of females this ailment can be sexually transmitted or naturally occurring. Young women between the ages of 15 and 25 have the highest incidence of this serious condition and are ironically the least likely to seek early treatment. A history of STDs like Chlamydia and gonorrhea lead to a higher risk of this infection.

a. herpes

b. AIDS

c. HPV

d. PID

41. A non-fatal skin disease caused by a parasite that can be transmitted through close sexual or non-sexual contact. The parasitic lesions can appear anywhere on the body and are common on the arms, legs, and hands making them easily transmitted via casual intimate contact. This is treatable and an infected person is considered contagious until all symptoms have disappeared for 10 days.

1. head lice
2. scabies
3. pubic lice
4. parasites

42. The most common sexually transmitted disease in the USA, this genital infection comes in many varieties. The high risk varieties are those that lead to cervical cancer. Both men and women can get this STD and it is not related to the number of sexual partners or sexual encounters a person has had. The majority of the sexually active population is thought to carry some form of this virus.

a. HIV

b. Yeast Infection

c. Herpes

d. HPV

43. A disease that affects the liver. There are more than five types and a vaccination is available for the most common forms of the disease. It can be transmitted through sexual contact, body fluid transfers, blood-to-blood contact, un-sterile tattooing or body piercing, or eating food prepared by an infected person. Pamela Anderson has publicly declared her own battle with one form of this ailment.

a. Hepatitis

b. HIV

c. Herpes

d. Vaginitis

44. Where does fertilization take place? Where will the father's sperm cell find and fertilize an egg cell inside of the mother's body?

a. vagina

b. cerevix

c. anus

d. labia

45. What is it called when the lining of the uterus breaks down and slowly flows from the vagina over a period of 3 to 8 days?

a. ovulation

b. fertilization

c. menstruation

d. a and c

46. What is the tube shaped passage that connects the uterus with the outside of the body?

a. cervix

b. vagina

c. fallopian tubes

d. none of the above

47. What do the ovaries store?

a. eggs

b. sperm

c. embryos

d. oven

48. What two events are important parts of each menstrual cycle?

a. ovulation and ejaculation

b. menstruation and ovulation

c. menstruation and fertilization

d. fertilization and conception

49. What is the fluid filled bubble called that surrounds the baby while it is growing inside of mom?

a. uterus

b. fallopian bubble

c. amniotic sac

d. endometrial

50. The time of development which includes physical, mental, social and emotional change between childhood and adulthood is called...?

a. gestation

b. ovulation

c. puberty

d. adolescence

51. Identical twins and Conjoined twins are each a result of one sperm cell fertilizing one egg cell?   
 a. True  
 b. False  
 c. Sometimes  
 d. Maybe

52. When a fetus is developing inside of mom it gets food and oxygen from\_\_\_.  
  
 a. Lungs and stomach  
 b. nose and mouth  
 c. placenta and umbilical cord  
 d. McDonalds

53. Another name for a wet dream is   
 a. menstrual cycle  
 b. nocturnal emission  
 c. penis  
 d. scrotum

54. For pregnancy to occur, three things must take place:

a. ejaculation, ovulation, and fertilization.

b. ejaculation, contraception, and conception.

c. ovulation, fertilization, and conception.

d. ovulation, fertilization, and implantation.

55. What are the three body fluids that can transmit a sexually transmitted disease?

a. saliva, urine, blood, semen

b. blood, semen, saliva, vaginal secretions

c. blood, semen, vaginal secretions, and mucous

d. blood, semen, vaginal secretions, and breast milk

***CFU: 6.10 identify short-term and long-term effects of sexual harassment and date rape. SCORE:\_\_\_\_\_\_***

56-58. In the book *Speak*, Melinda transformation through the book was one that many girl’s go through when sexually assaulted. What were some long term and short term effect Melinda experiences? What legal rights did she have?

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***CFU: 6.9 compare various contraceptive methods. SCORE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

59. Which of the following is a completely effective way to prevent pregnancy?

a. a condom and spermicidal foam

b. a condom, spermicidal foam, and a diaphragm

c. a hormonal injection, a condom, spermicidal foam, and a diaphragm

d. none of the above

60. The most effective method for the prevention of pregnancy that men can use is

a. hormonal injection.

b. vasectomy.

c. withdrawal before ejaculation.

d. tubal ligation.

61.A healthy, young married couple wants to postpone having children for at least five years. Which of the following types of family-planning methods would probably be best for them?

a. barrier contraceptives or abstinence

b. hormonal methods or barrier methods

c. hormonal methods or sterilization

d. sterilization or barrier methods

62. Mariah and Anthony are newlyweds who are not yet ready to have a baby. The couple has an appointment to discuss effective contraceptive methods with their doctor. Which of the following questions would the doctor be unlikely to ask the couple?

a. If the contraception doesn’t work, are you prepared to become parents?

b. Did you know abstinence is the only 100 percent effective method of contraception?

c. How often do you exercise in an average week?

d. Did you know some women experience side effects when taking oral contraceptives?

63. To be effective, condoms must be used correctly during every sexual encounter. Which of the following practices is not part of the correct use of a male condom?

a. Use skin lotion or other lubricants with a condom during each sexual encounter.

b. Apply a condom only when the penis is erect.

c. Unroll the condom to fit over the entire penis.

d. Leave a half-inch space between the tip of the penis and the tip of the condom.

64. Hormonal contraceptives

a. are a method that stops ovulation, fertilization, and/or implantation of an egg.

b. include birth-control pills and tubal ligation.

c. are appropriate for any female of child-bearing age.

d. are a method that chemically blocks sperm from reaching an egg.

65. Condoms are effective only if they are used properly. Which of the following is not a correct use of a condom?

a. The condom is applied before any sexual contact.

b. A 3-inch space is left between the tip of the penis and the end of the condom.

c. After intercourse, the condom is grasped at the base of the penis while withdrawing from the vagina.

d. Once it is used, the condom is discarded.

66. Which of the following contraceptive methods is most effective?

a. abstinence

b. cervical cap

c. male or female condom

d. spermicidal foam

***CFU: 6.11 discuss the alternatives of an unplanned pregnancy (e.g., adoption, single parenting, marriage, abortion). SCORE:\_\_\_\_\_\_\_\_\_***

67. Chris has two older brothers and one younger sister who was adopted as a baby. Chris’s brother and sister are called his \_\_\_\_.

1. adoptive brother and sister
2. extended brother and sister
3. siblings
4. brother and step-sister

68. The Smith’s have a son and daughter. Their daughter was adopted when she was tow years old. The Smith’s are an example of a(n)\_\_\_\_\_.

1. adoptive family
2. extended family
3. foster family
4. blended family
5. all of the above

***CFU: 6.12 discuss the consequences associated with teen pregnancy (e.g., physical, mental, emotional, social, economical). SCORE:\_\_\_\_\_\_\_\_\_\_***

69. Bernard is about to become a teenage father. He will most likely

a. finish high school.

b. make less money per year than male teens who are not fathers.

c. have more free time in the near future.

d. have no legal responsibility for the child’s well-being.

70. About how many teenagers become pregnant each year?

a. 150,000

b. 500,000

c. 750,000

d. 1,000,000

***CFU: 6.13 examine the lifelong responsibilities and requirements of parenthood. SCORE:\_\_\_\_\_\_***

71. Bill and Michelle are 17 years old. They will be graduating from high school in two months and getting married. They want to begin a family immediately. A difficulty they probably face is

a. financial support.

b. limited career choices.

c. giving up a social life.

d. All of the above

72. The majority of high school students

a. will be infected with STDs.

b. will go through a teen pregnancy.

c. will be sexually active.

d. will remain sexually abstinent

73. Which of the following is a myth about teen pregnancy?

a. You might have to drop out of school if you have a baby.

b. Teen pregnancy may add stress to a teen relationship.

c. You cannot get pregnant the first time you engage in sexual intercourse.

d. Most pregnant teens are not married.

74. Which of the following is the best advice for a young, recently married couple considering having children?

a. Don’t have children until your combined income is more than $160,000 per year.

b. Nobody under the rank of sergeant should have children.

c. Anyone who has enough family to help out can have children.

d. First, give yourselves the chance to fulfill some of your dreams and goals.

75. For a married couple thinking about having a baby, which of the following questions is least important to consider?

a. Will we be able to buy a new car every year when we’re parents?

b. How will we pay the hospital bill when the baby is born?

c. Who will take care of the baby while I’m finishing school and you’re working?

d. Are we emotionally ready to be on call 24 hours a day for the first few years of the baby’s life?

76. A healthy, young married couple wants to postpone having children for at least five years. Which of the following types of family-planning methods would probably be best for them?

a. barrier contraceptives or abstinence

b. hormonal methods or barrier methods

c. hormonal methods or sterilization

d. sterilization or barrier methods

77. All of the following are life goals except

a. pursuing a career.

b. starting a family.

c. becoming a member of the school basketball team.

d. becoming financially secure.

Use the table below to answer questions 78-79

78. How many women in a group of 500 would get pregnant in 1 year when using oral contraceptives in a typical manner?

1. less than 1
2. 5
3. 40
4. 90
5. None of the above

79. How many women in a group of 500 would get pregnant in one year using a diaphragm in a typical manner?

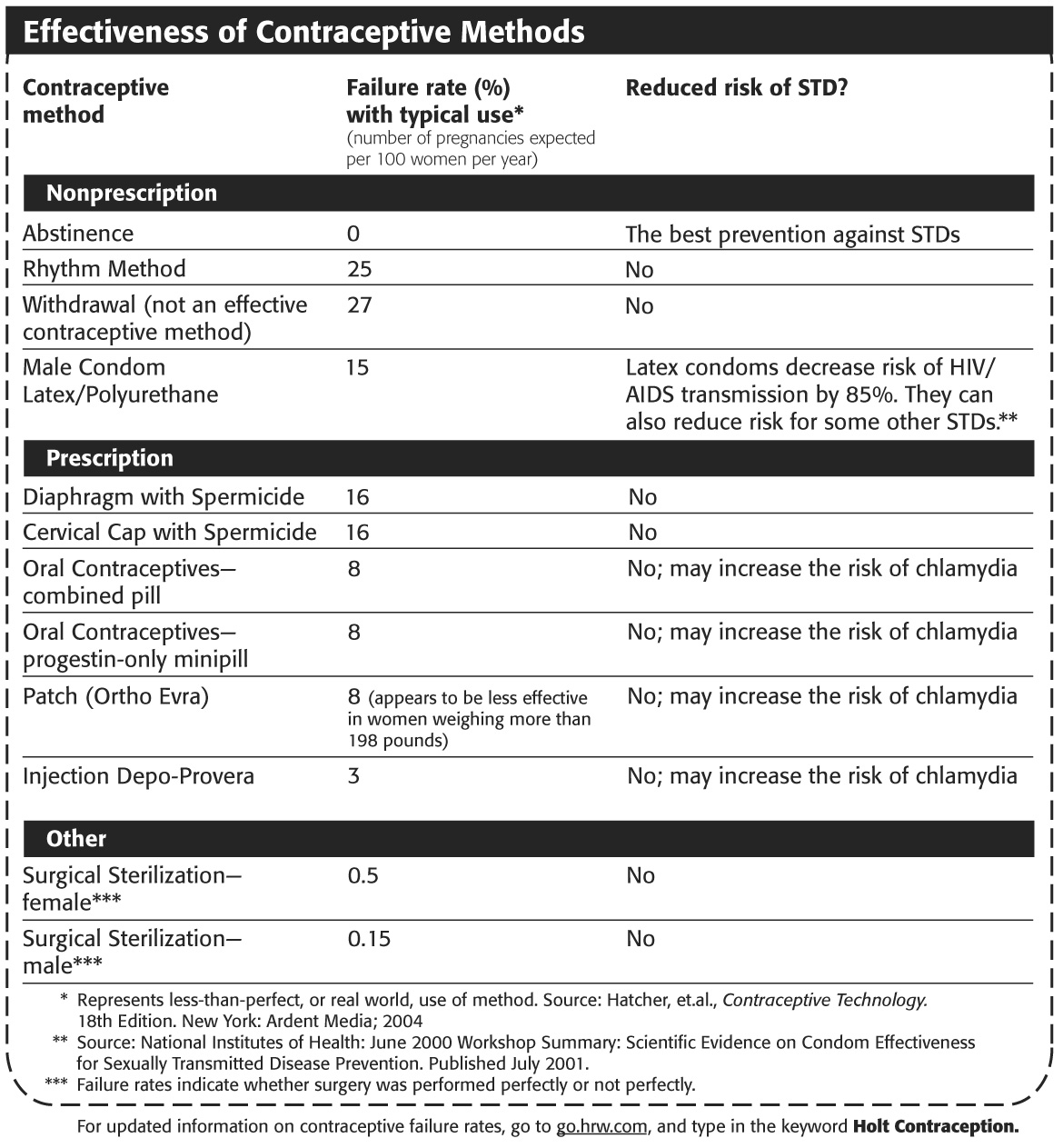
a.16

b.80

c.100

d.400

e. None of the above



Sources: <http://teenadvice.about.com/library/teenquiz/6/blstdquiz.htm>

Holt, RhineHart, Winston, Lifetime Health

***Essay:*** Your friend confides in you that she is thinking of having sexual intercourse with her boyfriend because he is pressuring her to do so. Your friend is undecided about whether to remain abstinent. What would you encourage your friend to do? Why? If your friend decides to have sexual intercourse, what would you tell her about the risk of contracting a sexually transmitted disease?